

## Tasmanian Championships Course and Class Table

				Long Distance			Middle Distance			Sprint Distance		
Course	Classes for championships (AS classes for Long Champs only)	Navigation standard	Suitability	Target winning times (minutes)	Indicative distance (km)*	Map Scale	Target winning times (minutes)	Indicative distance (km)*	Map Scale	Target winning times (minutes)	Indicative distance (km)*	Map Scale
1	M21, M20, M35	Hard	Experienced orienteers	80 – 90	10	1:15000	30-35	5	1:10000	12-15	3.5	1:4000
2	W21, W20, W35 M18, M40, M45, M21AS	Hard	Experienced orienteers	65 – 75	8	1:15000	30-35	4.5	1:10000	12-15	3	1:4000
3	W18, W40, W45, M16, M50, M55, M60, M35-50AS, W21AS	Hard	Experienced orienteers	55 – 65	6	1:10000	30-35	3.5	1:10000 or 1:7500	12-15	2.7	1:4000 or 1:3000
4	W16, W50, W55 M65, M70, W35-50AS	Hard	Experienced orienteers	55 – 60	5	1:10000	30-35	3	1:10000 or 1:7500	12-15	2.5	1:4000 or 1:3000
5	W60, W65, W70, M75, M/WOpenA	Hard	Experienced orienteers  Orienteers transitioning from moderate to hard navigation	55 – 60	4.5	1:10000	30-35	2.5	1:10000 or 1:7500	12-15	1.8	1:4000 or 1:3000
6	W75, W80, M80, M/W55AS+	Hard	Experienced orienteers Junior orienteers transitioning to hard navigation	40 - 45	3.5	1:10000	30-35	2	1:10000 or 1:7500	12-15	1.3	1:4000 or 1:3000
7	W14, M14, M/WOpenB	Moderate	Less experienced adults who would normally run the Medium course at local events.  Juniors who aspire to make the schools team in the junior boys or junior girls categories.  Adults who prefer moderate navigation courses.	40 – 45	4	1:10000	25	1.5	1:10000 or 1:7500	12-15	2	1:4000 or 1:3000
8	W10, W12, W14B, M10, M12, M14B, M/WOpenC	Easy	Novice/beginner orienteers  Adults who would normally run the Short course at local events  M/W 10 to 12 competitors	25 – 30	2.5	1:10000	25	1.5	1:10000 or 1:7500	10	1.5	1:4000 or 1:3000

\* course lengths need to be considered according to the runnability of the terrain and need to be adjusted accordingly